

# everyBODY dance

## Observation matrix assessment criteria – personal & social skills

|  | Level 1 (Disengagement)  | Level 2   | Level 3 (Involvement)   | Level 4   | Level 5 (Achievement)  |
|--|--|---|---|---|--|
| <b>A. Confidence/ Body Language</b>  | Keeps to themselves, tension in the body (low self-esteem)   | Nervous, shy, insecure, low head position   | Feels good about themselves, confident posture  | Increased self-esteem, relaxed awareness, smiles, eye contact                         | Confident body language, belief and presence (leadership)  |
| <b>B. Communication</b><br>Eye contact, body language, facial expression and vocalized response. | Distracts and/or looks to others   | Engages with activity   | Engages with and responds to activity   | Celebrates project publicly e.g. by offering responses to it in other contexts        | Helps others out in the group  |
| <b>C. Embodiment and Physical Contact</b>  | Does not engage with or touch other participants   | Awkward and embarrassed posture   | Some physical contact with others   | Confident to be in contact with other participants                                    | Fully integrated, actively involved developing physical contact work   |
| <b>D. Relationship with Activity</b>   | Sits out and does not get involved with activity   | Actively watches and participates on their own at a distance  | Joins in  | Completes the task required   | Fully engaged, helps and interacts with others   |
| <b>E. Relationship with Artist</b>   | Sits out and does not communicate with artist  | Communication with artist is strained and sometimes defensive   | Communicates with artist, no confrontation & responds to Artists instructions   | Communication initiated by both artist and participant                                | Communicates with artist freely, fully engaged, Initiating ideas, thoughts and feelings                                    |
| <b>F. Attitude to new challenges / trust</b>   | Outright refusal to try anything new, reacts with anxiety, aggression or disinterest                             | Requires a lot of persuasion by the Artist or others to try anything new. Very nervous about the activity             | Tries the new activity but shows some hesitation and anxiety  | No hesitation or anxiety about trying the activity<br>Responds well to instructions   | Embraces new challenges with a positive attitude. Pushes the Artist for the next step. May have to be 'reined in' at times |
| <b>G. Conflict and Difference</b>  | Outright rejection (completely opposed to an idea or a person in its entirety, without reasoning or explanation) | Initiates conflict (becomes argumentative, questions or reacts in a non-constructive manner but not as severely as 1) | Handles conflict maturely (isn't provoked easily, does not react uncontrollably and is able to deal with conflicts in an assertive and constructive manner) | Encourages peers (intervenes between people in a positive way to move things forward) | Resolves conflicts (this could be their own or those of others)  |
| <b>H. Working Creatively with Others</b>   | Shows resistance to working with others No offer of ideas  | Reluctant to contribute ideas to the group  | Works effectively with others in the group  | Contributes useful ideas to the group   | Leads the group effectively  |

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## Observation matrix assessment criteria – physical skills & fitness

|  | Level 1  | Level 2  | Level 3  | Level 4   | Level 5   |
|--|--|--|--|---|---|
| <b>A. Technique</b>  | Unable to execute the most simple movements/techniques                         | Attempts execution of basic moves and techniques with some success   | Able to execute basic moves and techniques with some competence      | Executes more difficult moves and techniques with some competence   | Confident in a range of moves and techniques. Works creatively exploring movement with confidence |
| <b>B. Cardiovascular Endurance/ Stamina</b>                            | Gets out of breath easily and has to stop                                      | Performs movement slowly and/or needs to rest                        | Works at a steady rate   | Keeps Control   | Ability to sustain movement without needing to rest   |
| <b>C. Core Strength and Stability</b><br>(lifts/contact improvisation) | Unable to engage core muscles, compensates using hands etc.                    | Is able to maintain a movement/ position for a short period of time  | Is able to maintain a movement/ position for a longer period of time | Engaging and demonstrating increasing control                       | Using core strength and stability throughout the session  |
| <b>D. Muscular Strength</b>  | Loses energy fast, finds it hard to continue working                           | Is able to maintain for a short period of time                       | Is able to keeps control, repeating for a longer period of time      | Sustains an activity/ fixed contraction for a longer period of time | Demonstrates control throughout the session   |
| <b>E. Suppleness/Flexibility</b>                                       | Restricted and is able to bend only a small amount and feels stiff             | Allows for some range of motion at the joint                         | Is able to move joints freely  | Maintains a high level of flexibility                               | The capacity to move a joint through its full range of movement                                   |
| <b>F. Co-Ordination/ Balance/Motor Skills</b>                          | Uncoordinated movements, difficulty with timing                                | Falls off balance and timing repeatedly                              | Is able to move two or more body parts smoothly with efficiency      | Coordinates movements integrating the whole body                    | Smooth co-ordinated movements, precise timing   |
| <b>G. Spatial Awareness</b>  | Disorientated, appears clumsy and/or bumps into others moving around the space | Finds it difficult to make formations, patterns, shapes in the space | Awareness of own body position in space                              | Knowing where they are in relation to other participants            | Full aware of their own body, other participants and the space                                    |